



# Fruit Salad

Makes 4 servings (1/2 cup per serving)



## Nutrition information per serving:

|                |      |
|----------------|------|
| Calories:      | 109  |
| Carbohydrate:  | 28 g |
| Protein:       | 1 g  |
| Total Fat:     | 0 g  |
| Saturated Fat: | 0 g  |
| Cholesterol:   | 0 mg |
| Sodium:        | 3 mg |
| Dietary Fiber: | 2 g  |

It's So Easy.

[www.ca5aday.com](http://www.ca5aday.com)

## INGREDIENTS

- 1/2 cup sliced banana
- 1/2 cup chopped apple
- 1/2 cup chopped nectarines
- 1/2 cup grapes
- 1/2 cup orange juice

## PREPARATION

1. In a medium bowl, mix all ingredients. Serve.



Recipe courtesy of the California Latino 5 a Day Campaign.